

Gretton Primary School

SEND and Wellbeing
Newsletter
Autumn Term 1 2025

I hope that you and your families are all well and are looking forward to the Half term break. This month's SEND and wellbeing newsletter will be focused on ADHD and Dyslexia Awareness month. I am in school on Wednesdays and Fridays this term and I am always happy to meet with you during these times to discuss any questions or concerns that you may have. If you wish to contact me at any other time, please feel free to do so, either by emailing me - adodd@gretton.gloucs.sch.uk or calling the school. Wishing you all a wonderful half term. Best Wishes. Mrs Alli Dodd. SENDCo

My Plan Reviews and SENDCo Surgery



Class teachers will be discussing your child's My Plan with you at parents evening after half term.

This past half term I ran a SENDCo surgery which was well attended and I intend to run them each half term. If you have any concerns about your child's development, whether about their learning and progress, social and emotional difficulties or physical needs, the SENDCo surgery is a good way to discuss these with me. Look out for dates on the school newsletter!

FREE Eye Tests



Has your child had their eyes tested recently?

Eye tests are important as the sooner any eye problem is found, the sooner your child will be able to get any treatment and support needed. Often children may not realise they have a vision problem so, without routine tests, there's a risk a problem may not be spotted. Children are entitled to a FREE eye test at any optician so if they haven't had their eyes tested recently, please do book them a test.



Did you know that approximately 1 in 10 people have dyslexia?

Dyslexia affects reading, writing, and spelling, but it does **not** impact intelligence. Early awareness helps children receive the right support and thrive at school.

Signs to look for may include:

- Difficulty recognising and retaining words and letters
- Slow or hesitant reading
- Difficulty with retaining spellings
- Trouble following instructions
- Difficulties with organisation
- Mixing up word order
- Struggling to remember sequences such as days of the week

A child with dyslexia may not experience all of these signs, as every learner is unique.

Children with dyslexia have a huge array of strengths too. They are often very creative, great problem solvers, empathetic and have fantastic verbal skills to name a few!

This term, I was fortunate to attend a Dyslexia Awareness Day at Bredon School, which provided me with valuable resources and ideas to share with staff to better support children with dyslexia or dyslexic tendencies at Gretton.

In addition, Mrs Fowler will be completing a specialist course on supporting children with dyslexia through the Helen Arkell Dyslexia Charity next half term.

For more information and helpful guidance for parents, visit: [Nessy – Dyslexia Explained](#)

[Helen Arkell Dyslexia Charity](#)

[Gloucestershire Dyslexia Association](#)

myHappyMind – Happy Breathing Audio Series

myHappyMind offers a wonderful range of 2-minute audio clips designed to guide children through short, calming breathing exercises inspired by nature. These can be built into your child's bedtime routine, used for a calm moment during the day, or to help children regulate their emotions at other times during the day. We already practise Happy Breathing as part of our weekly myHappyMind lessons, and I'm sure the children will love sharing their breathing skills with you at home! Each track encourages children to pause, breathe, and connect with happy, peaceful thoughts. You can find the audio clips in the "Happy Places" section of the [myHappyMind app](#). If you haven't downloaded it yet, please do! Our school code is 137854.



Understanding ADHD: A Guide for Parents

ADHD stands for Attention Deficit Hyperactivity Disorder. It is a neurodevelopmental condition affecting how children focus, control impulses, and manage energy levels. Children with ADHD are not "naughty" or "lazy"; their brains just work a little differently. Children with ADHD have a huge array of positive traits – enthusiasm, high levels of focus, creativity, curiosity and persistence, to name a few!

Signs you might notice in a child with ADHD or ADHD traits:

- Difficulty concentrating or staying on task
- Restlessness or constant movement (more common in boys)
- Impulsive actions or blurting out
- Trouble following instructions or completing tasks
- Emotional ups and downs



Girls with ADHD:

- Girls are more likely to have the inattentive type of ADHD, meaning they may appear quiet or daydreamy, rather than hyperactive. This isn't always the case and both boys and girls can be diagnosed with inattentive ADHD.
- They may struggle with organisation, completing homework, or remembering instructions.
- Because their difficulties are sometimes less visible, girls with ADHD can experience low self-esteem or anxiety if their challenges aren't recognised.

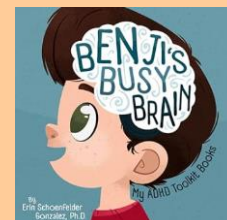
Why understanding matters

ADHD affects children differently. Recognising the signs in both boys and girls helps parents, teachers, and classmates respond with empathy and provide the right support.

Our approach at school

We focus on understanding, acceptance, and support. By teaching children about differences and fostering empathy, we create a school environment where all children, including those with ADHD, can thrive.

Further details about ADHD can be found [here](#).



Useful links

Please see below for agencies and details of further support available to families.

- [Gretton SEND Information report](#) – outlines how we support children with SEND at Gretton
- [SENDiass](#) provide information, advice and support on matters relating to children and young people with special educational needs and disabilities. The service is offered to parents and carers of children and young people aged between 0 and 25 years old.
- [Early Help](#) – provide further details about support for families including parenting courses
- [Gloucestershire families directory](#) - The Service offers a wide range of information to support families, children and young people from 0 – 19 years of age (25 for young people with additional needs) They can also provide information on family support, tax credits, benefits, funding and much, much more.
- [Gloucestershire County Council SEND](#) – details about EHCPs, webinars and alternate provision